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Level 3 – 1st February, 2021

A full moon could give you a bad night's sleep

FREE online quizzes, mp3 listening and more for this lesson here:

<https://breakingnewsenglish.com/2102/210201-full-moon.html>

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Please try Levels 0, 1 and 2 (they are easier).

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THE ARTICLE

From <https://breakingnewsenglish.com/2102/210201-full-moon.html>

If you have trouble sleeping at certain times of the month, it could be because of a full moon. Scientists from the University of Washington say there is a link between the lunar cycle and sleeping patterns. They say that on nights when there is a full moon, people could experience more restless sleep. The reason for this could be the Moon's changing brightness. When there is a full moon, the extra brightness in the night sky could interrupt our sleep. The scientists said: "Moonlight is so bright to the human eye that it is entirely reasonable to imagine that, in the absence of other sources of light, this source of nocturnal light could have had a role in [changing] human nocturnal activity and sleep."

The scientists conducted a study of the sleep patterns of over 500 people. Each person wore a special wristband that tracked their sleep. The study included 98 people from an isolated village in rural Argentina. These people did not have access to electricity and other artificial light sources. Their sleep patterns were compared to 464 people living in U.S. city of Seattle, which has lots of artificial light pollution. The scientists discovered that people in the rural village and in the big city got less sleep on the nights leading up to the full moon. The scientists said the artificial light in cities does not seem to affect sleeping patterns and that, "human sleep is synchronised with lunar phases."

Sources: <https://www.thesun.co.uk/tech/13875791/how-the-moon-affects-sleep/>
<https://www.futurity.org/moon-sleep-lunar-cycle-2509072/>
<https://www.ladbible.com/news/news-scientists-claim-you-may-be-struggling-to-sleep-because-of-the-moon-20210128>

WARM-UPS

1. SLEEP: Students walk around the class and talk to other students about sleep. Change partners often and share your findings.

2. CHAT: In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

trouble / times / full moon / sleeping / patterns / experience / night sky / human eye / scientists / wristband / village / rural / artificial / big city / synchronised / lunar phases

Have a chat about the topics you liked. Change topics and partners frequently.

3. LIGHT POLLUTION: Students A **strongly** believe governments should make laws to cut down on light pollution; Students B **strongly** believe that's unnecessary. Change partners again and talk about your conversations.

4. SLEEP QUALITY: How can these things affect your sleep quality? What can we do about them? Complete this table with your partner(s). Change partners often and share what you wrote.

	Sleep Quality	Solutions
Moonlight		
Noisy neighbours		
The cold		
Stress		
Bad Dreams		
Caffeine		

5. MONTH: Spend one minute writing down all of the different words you associate with the word "month". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

6. SLEEPING: Rank these with your partner. Put the best things to help you sleep at the top. Change partners often and share your rankings.

- A dark room
- Quiet
- Hot milk
- A soft pillow
- Music
- A good book
- Music
- Exercise

VOCABULARY MATCHING

Paragraph 1

- | | |
|--------------|--|
| 1. certain | a. Unable to sleep or relax because of stress, boredom or other thing. |
| 2. link | b. Anything about the night. |
| 3. pattern | c. Specific but not explicitly (clearly) named or stated. |
| 4. restless | d. Something that happens at the same or similar times. |
| 5. interrupt | e. A relationship between two things or situations. |
| 6. entirely | f. Stop the continuous progress of an activity or process. |
| 7. nocturnal | g. Completely. |

Paragraph 2

- | | |
|------------------|--|
| 8. conducted | h. Followed the course of someone or something, usually to find them or note their location or activity. |
| 9. tracked | i. Far away from other places, buildings, or people; remote. |
| 10. isolated | j. Caused to happen or work at the same time or speed. |
| 11. rural | k. Carried out; done. |
| 12. artificial | l. A period or stage in a series of events or a process of change or development. |
| 13. synchronised | m. Made or produced by human beings rather than naturally, especially as a copy of something natural. |
| 14. phases | n. In, relating to, or characteristic of the countryside rather than the town. |

BEFORE READING / LISTENING

From <https://breakingnewsenglish.com/2102/210201-full-moon.html>

1. TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).

- a. Scientists say there is no link between sleep and lunar cycles. **T / F**
- b. Scientists say people may have restless sleep when there is a full moon. **T / F**
- c. The extra brightness of the Moon could interrupt our sleep. **T / F**
- d. Moonlight is a source of nocturnal light. **T / F**
- e. Scientists looked at the sleep pattern of over 5,000 people. **T / F**
- f. Some of the people in the study lived in a rural Argentinian village. **T / F**
- g. People in a rural village got more sleep on nights before a full moon. **T / F**
- h. Scientists say human sleep is synchronised with lunar phases. **T / F**

2. SYNONYM MATCH: (The words in **bold** are from the news article.)

- | | |
|----------------------|----------------|
| 1. trouble | a. synthetic |
| 2. link | b. part |
| 3. restless | c. carried out |
| 4. extra | d. connection |
| 5. role | e. stages |
| 6. conducted | f. difficulty |
| 7. tracked | g. found |
| 8. artificial | h. additional |
| 9. discovered | i. troubled |
| 10. phases | j. monitored |

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

- | | |
|--|--------------------------|
| 1. If you have trouble sleeping at certain | a. up to the full moon |
| 2. a link between the lunar cycle | b. in the night sky |
| 3. people could experience more | c. of light |
| 4. the extra brightness | d. and sleeping patterns |
| 5. other sources | e. special wristband |
| 6. The scientists conducted a | f. rural Argentina |
| 7. Each person wore a | g. times of the month |
| 8. an isolated village in | h. pollution |
| 9. lots of artificial light | i. restless sleep |
| 10. less sleep on the nights leading | j. study |

GAP FILL

From <https://breakingnewsenglish.com/2102/210201-full-moon.html>

If you have trouble sleeping at (1) _____ times of the month, it could be because of a full moon. Scientists from the University of Washington say there is a (2) _____ between the lunar cycle and sleeping patterns. They say that on nights when there is a full moon, people could experience more (3) _____ sleep. The reason for this could be the Moon's changing brightness. When there is a full moon, the (4) _____ brightness in the night sky could interrupt our sleep. The scientists said: "Moonlight is so (5) _____ to the human eye that it is (6) _____ reasonable to imagine that, in the absence of other (7) _____ of light, this source of nocturnal light could have had a role in [changing] human (8) _____ activity and sleep."

bright
nocturnal
certain
sources
restless
entirely
link
extra

The scientists conducted a study of the sleep (9) _____ of over 500 people. Each person wore a special wristband that (10) _____ their sleep. The study included 98 people from an (11) _____ village in rural Argentina. These people did not have access to electricity and other artificial light (12) _____. Their sleep patterns were compared to 464 people living in U.S. city of Seattle, which has lots of (13) _____ light pollution. The scientists discovered that people in the (14) _____ village and in the big city got less sleep on the nights (15) _____ up to the full moon. The scientists said the artificial light in cities does not seem to affect sleeping patterns and that, "human sleep is synchronised with lunar (16) _____."

sources
tracked
rural
patterns
phases
artificial
leading
isolated

LISTENING – Guess the answers. Listen to check.

From <https://breakingnewsenglish.com/2102/210201-full-moon.html>

- 1) If you have trouble sleeping at certain times _____
 - a. off the month
 - b. oft the month
 - c. of the month
 - d. over month
- 2) there is a link between the lunar cycle _____
 - a. and sleep in patterns
 - b. and sleep ping patterns
 - c. and sleep pin patterns
 - d. and sleeping patterns
- 3) The reason for this could be the Moon's _____
 - a. changing bright nest
 - b. changing brightness
 - c. changing brightly nest
 - d. changing bright next
- 4) there is a full moon, the extra brightness in the night sky could _____
 - a. interrupt our sleep
 - b. interrupts our sleep
 - c. interrupting our sleep
 - d. interrupted our sleep
- 5) this source of nocturnal light could have _____
 - a. had a roll
 - b. had a role
 - c. had oral
 - d. had aural
- 6) Each person wore a special wristband that _____
 - a. tract their sleep
 - b. trucked their sleep
 - c. tricked their sleep
 - d. tracked their sleep
- 7) The study included 98 people from an isolated village _____
 - a. in aural Argentina
 - b. in oral Argentina
 - c. inner Argentina
 - d. in rural Argentina
- 8) compared to 464 people living in U.S. city of Seattle, which has lots _____
 - a. off artificial light
 - b. of an arty light
 - c. of an official light
 - d. offer terrific light
- 9) and in the big city got less sleep on the nights _____ the full moon
 - a. lead in up to
 - b. lead din up to
 - c. lead ding up to
 - d. leading up to
- 10) sleeping patterns and that, human sleep is synchronised _____
 - a. with lunar phases
 - b. with loner phases
 - c. with leaner phases
 - d. with loony phases

LISTENING – Listen and fill in the gaps

From <https://breakingnewsenglish.com/2102/210201-full-moon.html>

If you have trouble sleeping (1) _____ of the month, it could be because of a full moon. Scientists from the University of Washington say there is (2) _____ the lunar cycle and sleeping patterns. They say that on nights when there is a full moon, people could experience (3) _____. The reason for this could be the Moon's changing brightness. When there is a full moon, the extra brightness in the night sky (4) _____ sleep. The scientists said: "Moonlight is so bright to the human eye that (5) _____ reasonable to imagine that, in the absence of other sources of light, this source of nocturnal light could have (6) _____ in [changing] human nocturnal activity and sleep."

The scientists conducted a study of the (7) _____ over 500 people. Each person wore a special wristband that tracked their sleep. The study included 98 people from an isolated (8) _____ Argentina. These people did not have access to electricity and other artificial light sources. Their sleep patterns (9) _____ 464 people living in U.S. city of Seattle, which has (10) _____ light pollution. The scientists discovered that people in the rural village and in the big city got less sleep on the nights (11) _____ the full moon. The scientists said the artificial light in cities does not seem to affect sleeping patterns and that, "human sleep is synchronised (12) _____."

COMPREHENSION QUESTIONS

From <https://breakingnewsenglish.com/2102/210201-full-moon.html>

1. What university are the scientists from who conducted the study?
2. What did scientists say was linked to sleeping patterns?
3. What kind of sleep did the scientists say people could experience?
4. What additional thing does the Moon have when it is full?
5. What adjective did scientists use to describe light at night?
6. How many people took part in the study?
7. Where did 98 people in the study live?
8. Where did 464 people in the study live?
9. What did scientists say does not seem to affect sleeping patterns?
10. What did scientists say is synchronised with lunar phases?

MULTIPLE CHOICE - QUIZ

From <https://breakingnewsenglish.com/2102/210201-full-moon.html>

- 1) What university are the scientists from who conducted the study?
 - a) New York
 - b) Washington
 - c) Wyoming
 - d) California
- 2) What did scientists say was linked to sleeping patterns?
 - a) the wash cycle
 - b) the solar cycle
 - c) the recycle
 - d) the lunar cycle
- 3) What kind of sleep did the scientists say people could experience?
 - a) exciting
 - b) boring
 - c) restless
 - d) sound
- 4) What additional thing does the Moon have when it is full?
 - a) brightness
 - b) shadows
 - c) power
 - d) romance
- 5) What adjective did scientists use to describe light at night?
 - a) dark
 - b) nocturnal
 - c) scary
 - d) unhelpful
- 6) How many people took part in the study?
 - a) over 500
 - b) exactly 500
 - c) around 500
 - d) fewer than 500
- 7) Where did 98 people in the study live?
 - a) a metropolis
 - b) a small town
 - c) a rural village
 - d) the International Space Station
- 8) Where did 464 people in the study live?
 - a) Seattle
 - b) London
 - c) Delhi
 - d) Perth
- 9) What did scientists say does not seem to affect sleeping patterns?
 - a) thick curtains
 - b) soft pillows
 - c) music
 - d) artificial light
- 10) What did scientists say is synchronised with lunar phases?
 - a) exercise
 - b) solar phases
 - c) human sleep
 - d) nightmares

ROLE PLAY

From <https://breakingnewsenglish.com/2102/210201-full-moon.html>

Role A – A Dark Room

You think a dark room is the best thing to help you sleep. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least useful of these (and why): a soft pillow, a good book or exercise.

Role B – A Soft Pillow

You think a soft pillow is the best thing to help you sleep. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least useful of these (and why): a dark room, a good book or exercise.

Role C – A Good Book

You think a good book is the best thing to help you sleep. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least useful of these (and why): a soft pillow, a dark room or exercise.

Role D – Exercise

You think exercise is the best thing to help you sleep. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least useful of these (and why): a soft pillow, a good book or a dark room.

AFTER READING / LISTENING

From <https://breakingnewsenglish.com/2102/210201-full-moon.html>

1. WORD SEARCH: Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words 'sleep' and 'moon'.

sleep	moon
--------------	-------------

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

2. ARTICLE QUESTIONS: Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

3. GAP FILL: In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

4. VOCABULARY: Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

5. TEST EACH OTHER: Look at the words below. With your partner, try to recall how they were used in the text:

<ul style="list-style-type: none">• trouble• link• reason• extra• eye• role	<ul style="list-style-type: none">• over• 98• compared• rural• cities• phases
--	--

SLEEP SURVEY

From <https://breakingnewsenglish.com/2102/210201-full-moon.html>

Write five GOOD questions about sleep in the table. Do this in pairs. Each student must write the questions on his / her own paper.

When you have finished, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

SLEEP DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

1. What did you think when you read the headline?
2. What images are in your mind when you hear the word 'sleep'?
3. What are your sleeping patterns like?
4. What do you do if you have trouble sleeping?
5. How interested are you in the Moon?
6. What effect does the Moon have on us?
7. How much do you like sleep?
8. What conditions do you need to sleep well?
9. What are you like if you have a bad night's sleep?
10. Can you sleep any time and anywhere?

A full moon could give you a bad night's sleep – 1st February, 2021
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SLEEP DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'moon'?
13. What do you think about what you read?
14. What are your sleep patterns like?
15. Have you ever slept in a strange place?
16. How do lights affect your sleep?
17. What do you think of light pollution?
18. What do you think of when you look at the Moon?
19. Do you prefer a quarter, half or full moon?
20. What questions would you like to ask the researchers?

DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

LANGUAGE - CLOZE

From <https://breakingnewsenglish.com/2102/210201-full-moon.html>

If you have (1) _____ sleeping at certain times of the month, it could be because of a full moon. Scientists from the University of Washington say there is a (2) _____ between the lunar cycle and sleeping patterns. They say that (3) _____ nights when there is a full moon, people could experience more restless sleep. The reason for this could be the Moon's changing brightness. When there is a full moon, the extra (4) _____ in the night sky could interrupt our sleep. The scientists said: "Moonlight is so bright to the human eye that it is (5) _____ reasonable to imagine that, in the absence of other sources of light, this source of nocturnal light could have had a role (6) _____ [changing] human nocturnal activity and sleep."

The scientists conducted a study of the sleep patterns (7) _____ over 500 people. Each person wore a special wristband that tracked their sleep. The study (8) _____ 98 people from an isolated village in rural Argentina. These people did not have access to electricity and (9) _____ artificial light sources. Their sleep patterns were compared to 464 people living in U.S. city of Seattle, which has lots of artificial light pollution. The scientists discovered that people in the (10) _____ village and in the big city got less sleep on the nights leading (11) _____ to the full moon. The scientists said the artificial light in cities does not seem to affect sleeping patterns and that, "human sleep is synchronised with lunar (12) _____."

Put the correct words from the table below in the above article.

- | | | | | |
|-----|--------------|----------------|---------------|----------------|
| 1. | (a) wrong | (b) bad | (c) difficult | (d) trouble |
| 2. | (a) think | (b) sink | (c) rink | (d) link |
| 3. | (a) of | (b) on | (c) as | (d) to |
| 4. | (a) brightly | (b) brightness | (c) bright | (d) brighten |
| 5. | (a) whole | (b) complete | (c) entirely | (d) total |
| 6. | (a) in | (b) on | (c) at | (d) as |
| 7. | (a) at | (b) of | (c) on | (d) in |
| 8. | (a) included | (b) including | (c) inclusive | (d) include |
| 9. | (a) others | (b) other | (c) another | (d) other than |
| 10. | (a) lunar | (b) aural | (c) rural | (d) oral |
| 11. | (a) off | (b) out | (c) up | (d) down |
| 12. | (a) phrases | (b) phaser | (c) phasing | (d) phases |

SPELLING

From <https://breakingnewsenglish.com/2102/210201-full-moon.html>

Paragraph 1

1. trouble sleeping at tcnerai times
2. the narul cycle
3. prttrieun our sleep
4. it is nlytieer reasonable to imagine
5. other ecssruo of light
6. human octanruln activity

Paragraph 2

7. scientists ccentduod a study
8. Each person wore a special wbranitds
9. 98 people from an aetsidlo village
10. lots of iraftliaci light pollution
11. scientists idsecvdroe that
12. lunar easshp

PUT THE TEXT BACK TOGETHER

From <https://breakingnewsenglish.com/2102/210201-full-moon.html>

Number these lines in the correct order.

- (**1**) If you have trouble sleeping at certain times of the month, it could be because of a full moon. Scientists
- () sky could interrupt our sleep. The scientists said: "Moonlight is so bright to the human eye that it is entirely reasonable to
- () imagine that, in the absence of other sources of light, this source of nocturnal
- () be the Moon's changing brightness. When there is a full moon, the extra brightness in the night
- () patterns and that, "human sleep is synchronised with lunar phases."
- () on nights when there is a full moon, people could experience more restless sleep. The reason for this could
- () light could have had a role in [changing] human nocturnal activity and sleep."
- () compared to 464 people living in U.S. city of Seattle, which has lots of artificial light pollution. The scientists discovered that people in the
- () from the University of Washington say there is a link between the lunar cycle and sleeping patterns. They say that
- () Argentina. These people did not have access to electricity and other artificial light sources. Their sleep patterns were
- () rural village and in the big city got less sleep on the nights leading up to the full
- () The scientists conducted a study of the sleep patterns of over 500 people. Each person wore a special
- () wristband that tracked their sleep. The study included 98 people from an isolated village in rural
- () moon. The scientists said the artificial light in cities does not seem to affect sleeping

PUT THE WORDS IN THE RIGHT ORDER

From <https://breakingnewsenglish.com/2102/210201-full-moon.html>

1. times . sleeping certain you at trouble If have
2. be could a moon . of because full It
3. the reason could The changing be brightness . Moon's
4. is Moonlight to the so human bright eye .
5. of the sources of other In absence light .
6. people . study patterns of A sleep of 500
7. their sleep . special A that wristband tracked
8. electricity . not people did access These to have
9. up the nights On leading moon . full to
10. to affect in does not cities Light sleep . seem

CIRCLE THE CORRECT WORD (20 PAIRS)

From <https://breakingnewsenglish.com/2102/210201-full-moon.html>

If you have *trouble / troubled* sleeping at certain times of the month, it could be *because / due* of a full moon. Scientists from the University of Washington say there is a *link / join* between the lunar cycle and sleeping patterns. They say that *in / on* nights when there is a full moon, people could experience more *restless / restful* sleep. The reason for this could be the Moon's changing *bright / brightness*. When there is a full moon, the extra brightness in the night sky could interrupt *our / my* sleep. The scientists said: "Moonlight is so bright to the human eye / see that it is entirely reasonable to imagine that, in the *absence / absent* of other sources of light, this source of nocturnal light could have had a *roll / role* in [changing] human nocturnal activity and sleep."

The scientists *conduct / conducted* a study of the sleep patterns of over 500 people. Each person wore a special wristband that *tricked / tracked* their sleep. The study included 98 people from an *isolate / isolated* village in rural Argentina. These people did not have *access / excess* to electricity and other artificial light *sources / sauces*. Their sleep patterns were *compared / comparison* to 464 people living in U.S. city of Seattle, which has lots of artificial *lights / light* pollution. The scientists discovered that people in the rural village and in the big city got *less / fewer* sleep on the nights leading up to the full moon. The scientists said the artificial light in cities does not *seem / seen* to affect sleeping patterns and that, "human sleep is synchronised with lunar *phrases / phases*."

Talk about the connection between each pair of words in italics, and why the correct word is correct.

INSERT THE VOWELS (a, e, i, o, u)

From <https://breakingnewsenglish.com/2102/210201-full-moon.html>

_f y__ h_v_ tr__bl_ sl__p_ng _t c_rt__n t_m_s _f th_
m_nth, _t c__ld b_ b_c__s_ _f _f_ll m__n. Sc__nt_sts
fr_m th_ _n_v_rs_ty _f W_sh_ngt_n s_y th_r_ _s _
l_nk b_tw__n th_ l_n_r cycl_ _nd sl__p_ng p_tt_rns.
Th_y s_y th_t _n n_ghts wh_n th_r_ _s _f_ll m__n,
p__pl_ c__ld _xp_r__nc_ m_r_ r_stl_ss sl__p. Th_
r__s_n f_r th_s c__ld b_ th_ M__n's ch_ng_ng
br_ghtn_ss. Wh_n th_r_ _s _f_ll m__n, th_ _xtr_
br_ghtn_ss _n th_ n_ght sky c__ld _nt_rr_pt __r sl__p.
Th_ sc__nt_sts s__d: "M__nl_ght _s s_ br_ght t_ th_
h_m_n _y_ th_t _t _s _nt_r_ly r__s_n_bl_ t_ _m_g_n_
th_t, _n th_ _bs_nc_ _f _th_r s__rc_s _f l_ght, th_s
s__rc_ _f n_ct_rn_l l_ght c__ld h_v_ h_d _r_l_ _n
[ch_ng_ng] h_m_n n_ct_rn_l _ct_v_ty _nd sl__p."

Th_ sc__nt_sts c_nd_ct_d _st_dy _f th_ sl__p p_tt_rns
_f _v_r 500 p__pl_. __ch p_rs_n w_r_ _sp_c__l
wr_stb_nd th_t tr_ck_d th__r sl__p. Th_ st_dy _ncl_d_d
98 p__pl_ fr_m _n _s_l_t_d v_ll_g_ _n r_r_l
_rg_nt_n_. Th_s_ p__pl_ d_d n_t h_v_ _cc_ss t_
_l_ctr_c_ty _nd _th_r _rt_f_c__l l_ght s__rc_s. Th__r
sl__p p_tt_rns w_r_ c_mpr_d t_ 464 p__pl_ l_v_ng _n
_S. c_ty _f S__ttl_, wh_ch h_s l_ts _f _rt_f_c__l
l_ght p_ll_t__n. Th_ sc__nt_sts d_sc_v_r_d th_t p__pl_
n th r_r_l v_ll_g_ _nd _n th_ b_g c_ty g_t l_ss
sl__p _n th_ n_ghts l__d_ng _p t_ th_ f_ll m__n. Th_
sc__nt_sts s__d th_ _rt_f_c__l l_ght _n c_t__s d__s
n_t s__m t_ _ff_ct sl__p_ng p_tt_rns _nd th_t, "h_m_n
sl__p _s synchr_n_s_d w_th l_n_r ph_s_s."

PUNCTUATE THE TEXT AND ADD CAPITALS

From <https://breakingnewsenglish.com/2102/210201-full-moon.html>

if you have trouble sleeping at certain times of the month it could be because of a full moon scientists from the university of washington say there is a link between the lunar cycle and sleeping patterns they say that on nights when there is a full moon people could experience more restless sleep the reason for this could be the moons changing brightness when there is a full moon the extra brightness in the night sky could interrupt our sleep the scientists said moonlight is so bright to the human eye that it is entirely reasonable to imagine that in the absence of other sources of light this source of nocturnal light could have had a role in changing human nocturnal activity and sleep

the scientists conducted a study of the sleep patterns of over 500 people each person wore a special wristband that tracked their sleep the study included 98 people from an isolated village in rural argentina these people did not have access to electricity and other artificial light sources their sleep patterns were compared to 464 people living in us city of seattle which has lots of artificial light pollution the scientists discovered that people in the rural village and in the big city got less sleep on the nights leading up to the full moon the scientists said the artificial light in cities does not seem to affect sleeping patterns and that human sleep is synchronised with lunar phases

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2102/210201-full-moon.html>

If you have trouble sleeping at certain times of the month, it could be because of a full moon. Scientists from the University of Washington say there is a link between the lunar cycle and sleeping patterns. They say that on nights when there is a full moon, people could experience more restless sleep. The reason for this could be the Moon's changing brightness. When there is a full moon, the extra brightness in the night sky could interrupt our sleep. The scientists said: "Moonlight is so bright to the human eye that it is entirely reasonable to imagine that, in the absence of other sources of light, this source of nocturnal light could have had a role in [changing] human nocturnal activity and sleep." The scientists conducted a study of the sleep patterns of over 500 people. Each person wore a special wristband that tracked their sleep. The study included 98 people from an isolated village in rural Argentina. These people did not have access to electricity and other artificial light sources. Their sleep patterns were compared to 464 people living in U.S. city of Seattle, which has a lot of artificial light pollution. The scientists discovered that people in the rural village and in the big city got less sleep on the nights leading up to the full moon. The scientists said that artificial light in cities does not seem to affect sleeping patterns and that, "human sleep is synchronised with lunar phases."

FREE WRITING

From <https://breakingnewsenglish.com/2102/210201-full-moon.html>

Write about **sleep** for 10 minutes. Comment on your partner’s paper.

HOMework

1. VOCABULARY EXTENSION: Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

2. INTERNET: Search the Internet and find out more about this news story. Share what you discover with your partner(s) in the next lesson.

3. SLEEP: Make a poster about sleep. Show your work to your classmates in the next lesson. Did you all have similar things?

4. LIGHT-BLOCKING CURTAINS: Write a magazine article about all of us using light-blocking curtains to get better sleep. Include imaginary interviews with people who are for and against this.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

5. WHAT HAPPENED NEXT? Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

6. LETTER: Write a letter to an expert on sleep. Ask him/her three questions about it. Give him/her three of your ideas on how to get better sleep. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

VOCABULARY (p.4)

1. c 2. e 3. d 4. a 5. f 6. g 7. b
8. k 9. h 10. i 11. n 12. m 13. j 14. l

TRUE / FALSE (p.5)

- a F b T c T d T e F f T g F h T

SYNONYM MATCH (p.5)

1. f	2. d	3. i	4. h	5. b
6. c	7. j	8. a	9. g	10. e

COMPREHENSION QUESTIONS (p.9)

1. Washington
2. The lunar cycle
3. Restless
4. Brightness
5. Nocturnal
6. Over 500 (562)
7. A rural village in Argentina
8. Seattle
9. Artificial light
10. Human sleep

WORDS IN THE RIGHT ORDER (p.20)

1. If you have trouble sleeping at certain times.
2. It could be because of a full moon.
3. The reason could be the Moon's changing brightness.
4. Moonlight is so bright to the human eye.
5. In the absence of other sources of light.
6. A study of sleep patterns of 500 people.
7. A special wristband that tracked their sleep.
8. These people did not have access to electricity.
9. On nights leading up to the full moon.
10. Light in cities does not seem to affect sleep.

MULTIPLE CHOICE - QUIZ (p.10)

1. b 2. d 3. c 4. a 5. b 6. a 7. c 8. a 9. d 10. c

ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.
(It's good for your English ;-)